

The Flu

A Guide to Seasonal Flu and Novel H1N1 Flu

	Seasonal Influenza	Novel H1N1 Influenza
What is it?	<p>An infection of the nose, throat and lungs that is caused by Influenza virus occurring usually in the winter months.</p> <p>Spreads from person to person.</p>	<p>An infection of the nose, throat and lungs that is caused by Influenza virus. This is a new virus to humans that has potential to cause increased illness.</p> <p>May infect the G.I. tract in addition to the respiratory tract.</p> <p>May happen at a different time of year than Seasonal Flu.</p> <p>Spreads from person to person.</p>
What are the symptoms?	<p>Fever (usually high), fatigue, headache, dry cough, sore throat, runny/stuffy nose, sore muscles.</p> <p>Some, especially children, may also have stomach problems and diarrhea.</p> <p>Cough can last two or more weeks.</p>	<p>Similar to that of Seasonal Flu: Fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue.</p> <p>May have diarrhea and vomiting.</p> <p>And as with Seasonal Flu, severe illnesses and death has occurred as a result of illness associated with this virus.</p>
How long can a sick person spread it to others?	<p>For healthy adults, from one day before getting sick up to five days after getting sick.</p> <p>This can be longer in children and those with underlying health issues.</p>	<p>Individuals can be infectious for 7 days from onset of illness, but are most infectious until 24 hours after fever has passed, usually 3 to 5 days.</p>
Besides vaccine, how else can I protect my family?	<p>Clean hands often.</p> <p>Cover coughs and sneezes.</p> <p>Keep hands away from face.</p> <p>Stay home when you are sick.</p> <p>Set a good example by doing this yourself.</p>	<p>Clean hands often.</p> <p>Cover coughs and sneezes.</p> <p>Keep hands away from face.</p> <p>Stay home when you are sick.</p> <p>Set a good example by doing this yourself.</p>
How do I treat it?	<p>Bed rest and liquids are usually enough.</p> <p>Acetaminophen (or other products that don't contain aspirin) can reduce fever and body aches.</p> <p>Aspirin—and other aspirin-containing products—should not be given to children with Influenza.</p> <p>If taken early in the course of the illness, some prescription drugs can reduce the severity of Influenza in people at high risk for serious infection.</p>	<p>Bed rest and liquids are usually enough.</p> <p>Acetaminophen (or other products that don't contain aspirin) can reduce fever and body aches.</p> <p>Aspirin—and other aspirin-containing products—should not be given to children with Influenza.</p> <p>If taken early in the course of the illness, some prescription drugs can reduce the severity of Influenza in people at high risk for serious infection.</p>

Seasonal Influenza

Novel H1N1 Influenza

When should I take my child to the doctor or hospital?

Call or take your child to a doctor right away if he/she:

- Has a high fever or one that lasts a long time
- Has trouble breathing or breathes fast
- Has skin that looks blue
- Seems confused, will not wake up, does not want to be held, or has seizures (uncontrolled shaking)
- Gets better but then worsens
- Has other conditions (like heart or lung disease, diabetes) that get worse with

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Who is most at risk?

- Adults 65 years of age and older
- Young children
- Pregnant women
- Persons with chronic medical conditions, such as asthma, diabetes, obesity or heart disease
- Persons who have a weakened immune system, such as from medications or HIV

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Is there a vaccine?

Yes. Flu shots can be given to all adults as well as children 6 months and older **OR** a nasal-spray vaccine can be given to healthy adults and children 2+ years old. This vaccine will **NOT** protect against Novel H1N1, but will protect against other Flu viruses.

Contact your healthcare provider for more information or www.fluaz.org.

A Novel H1N1 vaccine is expected to be available by late fall of 2009.

Treatment options may be available. Call your healthcare provider for more information or at www.fluaz.org.

Can you get sick from the vaccine?

No. The Flu shot is made from dead Influenza virus and **can't** give you Flu. The nasal spray vaccine is made from weakened virus which is not strong enough to infect people.

The pending Flu vaccine will be manufactured similarly to the Seasonal Flu vaccine and **will not** give you the Flu.

When can my family go back to work/school after being sick?

Keep individuals home until they have been fever free for at least 24 hours (without fever-reducing medication).

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